

Salsa & Cuban Timba 1

Come learn this exciting dance form that is so popular today. Salsa music is intensely rhythmic, sensual and uplifting, and this class will get you dancing! As a beginning course, this class will introduce students to Salsa rhythms, cover basic steps, turns, and beginning choreography. Modern Cuban Salsa music known as Timba, emphasizes a more natural, funky, and rhythmic flavor of dance, rather than the technical emphasis of ballroom influenced Salsa. Detailed instruction for leading and following are broken down into basic building blocks that you will learn to put together. Each subsequent class will include a review and guided practice section to assist you with smoothly transitioning from one pattern to another. The end of this class will overlap with the more advanced class allowing both groups to practice together for a short period and further practice their leading and following skills. No partner needed, just come and have fun!

Instructor: Natalie Letcher

Class# 10389

Wednesday	Sept 7 - Oct 26	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 8	Fee: \$65 Per Person

Class# 10390

Wednesday	Jan 4 - Feb 22	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 8	Fee: \$65 Per Person

Salsa & Cuban Timba 2

For students who have taken an introductory Salsa class. This class will review Salsa basics, build your repertoire of patterns, and continue incorporating contemporary Cuban style Salsa music, known as Timba. Cuban style Salsa emphasizes a more natural, funky, and rhythmic flavor of dance, rather than the technical emphasis of ballroom influenced Salsa. Students will thus learn to dance to various Salsa & Timba rhythms, both fluid and funky, and mark time or 'break' on different beats. A breakdown of sensual hip and torso movement is covered, the trademark of natural Latin dance. Both guided and independent practice sections are included to assist students in gaining greater mastery of the patterns learned. The first 15 minutes of this class format will overlap with the beginning class for review. Guided practice sections are also included to assist students in smoothly transitioning from one pattern to another. No partner needed, just come and have fun!

Instructor: Natalie Letcher

Class# 10391

Wednesday	Sept 21 - Oct 12	8:15-9:15p.m.
Veterans Bldg	No. of Sessions: 4	Fee: \$35 per person

Class# 10392

Wednesday	Jan 18 - Feb 8	8:15-9:15p.m.
Veterans Bldg	No. of Sessions: 4	Fee: \$35 per person

Zumba

Zumba is a latin inspired dance fitness program that blends red-hot international music, created by Gramm award producers and contagious steps to form a fitness party that is down right addictive. Zumba fitness is known for: the zesty Latin music, like Salsa, Merengue, Cumbia and reggaeton; the exhilarating, easy to follow moves; and invigorating party-line atmosphere. ***Drop in \$12 per class**

Instructor: Dee Tayag

Class# 10393

Monday & Wednesday	Sept 7 - 28	6:30-7:30pm
Veterans Bldg	No. of Sessions: 7	Fee: \$100

Class# 10519

Monday & Wednesday	Oct 3 - 26*	6:30-7:30pm
Veterans Bldg	No. of Sessions: 8	Fee: \$100

***No Class on October 17**

Class# 10520

Monday & Wednesday	Nov 2 - 30*	6:30-7:30pm
Veterans Bldg	No. of Sessions: 6	Fee: \$100

No Class on November 14, 23 & 28

Class# 10521

Monday & Wednesday	Dec 5 - 21	6:30-7:30pm
Veterans Bldg	No. of Sessions: 6	Fee: \$100

Taiko Drumming *Beginner* (Ages 10 years & up)

An introduction to the rhythms and movement of Japanese Taiko Drumming. Beginners start playing simple pieces at the first session. This class is fun and provides moderate aerobic exercise for everyone. Note: There will be a \$5 materials fee, payable to instructor at first class.

Instructor: Kaji Yama Taiko Group

Class# 10394

Tuesday	Sept 6 - Nov 8	7:30-8:30p.m
O'Club	No. of Sessions: 10	Fee: \$103

Class# 10395

Tuesday	Nov 29 - Feb 7*	7:30-8:30p.m
O'Club	No. of Sessions: 10	Fee: \$103

***No Class January 17, 2012**

Taiko Drumming *Intermediate* (Ages 10 years & up)

This class teaches more complex and more physically demanding Japanese Taiko Drumming. This class provides moderate-to-vigorous aerobic exercise. It is the goal of this class to introduce the students to the full spectrum of skills needed to present a performance: We discuss drumming styles, staging, varieties of equipment, etc. But please note we do not intend to produce any stage performances as part of this class. Note: There will be a \$5 materials fee, payable to instructor at first class.

Instructor: Kaji Yama Taiko Group

Class# 10396

Tuesday	Sept 6 - Nov 8	6:30-7:30
O'Club	No. of Sessions: 10	Fee: \$103

Class# 10397

Tuesday	Nov 29 - Feb 7*	6:30-7:30
O'Club	No. of Sessions: 10	Fee: \$103

***No Class January 17, 2012**